



2020-21 Preschool through 12th Parent & Guardian Information Regarding COVID-19

**St. John the Baptist Primary School
Our Lady of Peace Intermediate School
Columbus Catholic Middle School
Columbus Catholic High School**

**Columbus Catholic Schools
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Columbus Catholic Schools are dedicated to excellence in Catholic education, founded in the love of Jesus Christ and designed to instill in our students faith, knowledge, and a desire to serve others.

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Letter from Bishop Callahan



Diocese of La Crosse
Office of the Bishop

17 June 2020
Year of St. Joseph

My dear Brothers and Sisters in Christ:

Greetings of peace as we enter the summer season.

I really enjoy the summer months and always had a great time when I was out of school and doing “summer stuff.” It seems so strange that those memories have endured over the years, nevertheless, so much remains clear and vivid in my mind.

I begin by saying “thank you” to all of you who, as parents of our school-aged children spent some serious time these past months truly working with your children and helping them in academic and developmental areas. Your precious time was certainly not lost as they learned from you and experienced with you the joy and perfect responsibility of parenting—being the first educators of your children in all of the important areas of life.

Now, I am taking the opportunity to let you know that our wonderful Catholic Schools are preparing to partner up with you once again as I announce the news that our Catholic schools will be opening for our Fall schedule according to our regular schedule and policies, in conjunction with State and local policies as they affect us. The COVID pandemic has hit us all very hard and has almost recreated society and social constructs in some serious new ways.

We, Catholic school educators, are taking all of this “new information” very seriously and are planning for its impact on our schools and the lives of our children. We are all looking to the new academic year as one of challenging growth and direction. Thus, it will require the best from all of us.

As you should well know by now, I am an avid supporter of Catholic education and see its greatest articulation for the future in Catholic schools. The fullness of teaching a personal relationship with Jesus Christ is our first and most successful lesson in the Catholic school. You may send your sons or daughters to so many different schools—good schools—in the area encompassed by our Diocese. None of them, however, will create and sustain an environment where your children will first learn the life of grace that is the truth of Jesus’ gift to them as it is offered in our Catholic schools. That, my dear parents, is the first tenet of Catholic school policy.

As we look forward to challenging the hearts and souls of your children—to claim them for

Christ; we look forward to the exciting varieties of appropriate vistas of thought, verbal and physical expression, expansive brain games and emotional achievement, the very best in Catholic learning, the fullness of faith and reason.

Finally, dear brothers and sisters—mothers and fathers—this future will be offered to your children by our administrators, teachers, and professional staffs, all of whom share enthusiasm for the education of your children. You may rest assured that your children will return to our schools—the large and the small—with our promise to offer them what you want for them, an extension of your willingness to prepare them for the world ahead of them with a solid education, positive value, and purposeful virtue supported by the advantage of the Catholic Tradition.

Be assured of my support for you as parents and my prayers for you as families—domestic churches—where Jesus dwells and the Truth is taught. God be with you.

Sincerely, in Jesus, Mary, and Joseph, the Holy Family, I am

A handwritten signature in cursive script that reads "+ William Patrick Callahan". The signature is written in black ink and is positioned to the left of the printed name.

+ William Patrick Callahan
Bishop of La Crosse

Letter from the Superintendent

In the spring of 2020 we were impacted by the worldwide COVID-19 pandemic and national civil unrest. Governor Evers's Safer at Home order went into effect on March 25, 2020 – closing all K-12 schools. The closure of K-12 schools ends on June 30, 2020. On May 25, 2020, George Floyd was killed by a police officer in Minneapolis, MN; Floyd's death led to both peaceful protest and rioting throughout the nation. This unrest continues today. The Catholic Schools in the Diocese of La Crosse will open the 2020-2021 school year to a new "normal."

Although this guide is open to be read and reviewed by the general public, it is written for the deans, pastors, and administrators. This guide is an effort to help our Catholic Schools open successfully. We desperately want all students, parents, faculty, administrators, and support staff to feel safe, happy, and holy throughout the entire 2020-2021 school year. And, we want to make certain we are educating each student in the Catholic Faith.

Except for the "Mandated Items," this guide should be read as recommendations. Catholic School administrators must work with their local county health department and the other schools in their geographical area to determine the best way to reopen.

Prepare for criticism because no matter what you do; it will come. But, if you are prayerfully reflecting and working to follow God's will, the negativity will not pierce as deeply. The Office for Catholic Schools knows you are striving to provide a safe educational environment for everyone. If the situation mandates or the government issues another school closure, we will be support you. We have a duty to our 6500+ students to do everything we can to continue a high quality Catholic education.

Thank you to the other Catholic School superintendents in the state of Wisconsin for their friendship and contributions to this guide.

1. Dr. Kathleen Cepelka – Archdiocese of Milwaukee
2. Todd Blahnik – Diocese of Green Bay
3. Peggy Schoenfuss – Diocese of Superior
4. Michael Lancaster – Diocese of Madison

In the words of Father Woodrow Pace, I wish all of you safety, good health, happiness, and holiness.

God's Grace be With You,



Thomas Philip Reichenbacher
Superintendent for the Diocese of La Crosse

Letter from the President of CCS



**Columbus Catholic Schools
710 South Columbus Avenue
Marshfield, Wisconsin 54449**

July 21, 2020

Dear CCS Families,

I'm sure COVID-19 has left you with many questions about this coming school year. From the time we closed our buildings on March 16th to now, we've been working to make sure we could reopen safely, with students in our classrooms in the fall.

As I write this, cases of COVID-19 are again surging across the country, and we are just now starting to see the number of cases rise slowly, but steadily, here in Wood County. Increasingly, we've seen businesses institute mask requirements for shopping in their stores.

At this time, the Centers for Disease Control and Prevention (CDC), and the United States Surgeon General are encouraging all Americans to wear facemasks in public places as an effective means of slowing the spread of COVID-19.

The recent survey sent to parents regarding the start of the school year showed a preference for in-person learning, as long as there are options for distance-learning. It also showed a considerably stronger desire for requiring facemasks versus not requiring facemasks, again, presuming that distance-learning from home is an option.

The staff was also surveyed, and some are very nervous about returning to the classroom. They are concerned for themselves, a spouse, children, or parents, who may be at greater risk should they contract COVID-19. We need to strongly consider the concerns of our teachers. In-person learning, and effective distance-learning, if needed, only happens with them.

Understanding that no school or work environment can be made entirely safe from the coronavirus, we need to take what measures we can to protect our students and staff.

The following will set forth the plan to reopen our schools as safely as we can this fall. Much will be asked of our staff to help keep your children safe. As you will see, we will need your help to protect the entire CCS family from COVID-19.

Peace and every good,

David J. Eaton
President

Frequently Asked Questions

Will children be back at school on August 25th?

That is absolutely our plan. The only thing that would stand in the way of that is if the governor or Wood County Health Department orders all schools closed again.

Will classes be held for all children every day?

Yes. While the Department of Public Instruction is recommending that public schools create two groups of students who alternate days of instruction, with every Wednesday off for both groups, our class sizes are small enough to allow for social distancing without doing that. The DPI recommendation would allow large public districts to reduce their in-person class sizes on any given day to what would be a normal full class for us.

Will teachers and staff be required to wear a mask or shield?

Yes. While children have been less-susceptible to COVID-19, we will take every precaution to keep them safe.

Will children be required to wear a mask?

At St. John's, No, they will be optional there, and we absolutely encourage younger students who are able to wear them. In grades 3 through 12, Yes, at least to start the year. We had hoped very much not to require this, but we must take every precaution to preserve the health of our teachers.

Recent articles have suggested that as children age, they become increasingly capable of contracting, and transmitting, the coronavirus. With cases on the rise nationally, statewide, and here in Central Wisconsin, we have an obligation to do all we can to keep our teachers and staff safe. The teachers are the most vulnerable group. They will be spending seven hours a day with students who could be asymptomatic carriers of COVID-19.

Could school be closed again?

Yes, and possibly even before the school year starts. The most likely cause of a closure would be a state or county order. It is not *unlikely*, though, that we may need to close voluntarily if too many of our teachers get sick. There will not be an adequate number of substitutes this year, and we can't stress enough the need to protect our teachers because of that.

Can we choose at-home learning?

Yes. While we encourage all of our students to return to the classroom, we understand that some will themselves have health conditions that make them more vulnerable, while others have others living at home who may be more vulnerable. We want to be able to continue to serve those students whose parents feel the need to keep them home.

Will at-home learning look the same as this spring?

Probably not, depending on the grade level. We hope to offer much more live instruction. In many instances, this may mean that students at home are asked to follow their normal school day and watch their class live as it is being taught to those in school. In some cases, though, children may have access to teacher videos, online assignments, and/or materials sent home.

What will the classrooms look like?

In 1st grade and above, you'll see a move away from tables in favor of individual desks that can be set farther apart. In many ways, our classrooms are likely to look more like the rooms parents experienced as children, with less furniture and fewer other items. This is to make sure we can maximize the distance between students. You'll see rows of desks, rather than the groups or "pods" that have been used in the past.

How will attendance and absences be counted?

Whether at home or in-person, if your child is participating in school that day, he or she will be marked "present." If your child normally attends here at school but needs to stay home, please email the secretary of their building saying they will be home that day, but letting us know if they'll participate in class or not. If you feel they are too ill to really participate in distance-learning, they will be marked absent.

Will the number of allowed absences be the same?

More and more, the question of absences is a question of student need, not a count of days. While we don't want children missing too much instructional time, we also don't want parents to send sick children to school. In many cases, even children who can't be in school may be able to follow along with their classes that day, so we hope not to have too many days where a child actually has to be marked absent.

When should children be kept home?

Please check your children for symptoms before sending them to school. While it's true that the symptoms of COVID-19, especially in children, mirror other common illnesses like a cold or the flu, please be very cautious about sending children with symptoms. If your child has a fever of 100 degrees or more, absolutely keep them home that day.

Will visitors be allowed in the school buildings?

We ask that parents come only as far as the school office. Preschool parents can still take their children all the way to the classroom, but we ask that you wear a mask when doing so. There will be no classroom volunteers, at least for the first semester.

Will gift cards be sold all the schools?

No. To reduce visitors to St. John's and OLP where the secretaries or volunteers sell gift cards, the gift cards will only be available at Columbus this year.

If a child tests positive for COVID-19 will we know?

Yes. We will be asking all parents to sign a consent [HERE](#) that will allow us to alert teachers and other parents that there is a positive case in a classroom or building. We will not identify children by name, but as they will be absent, others are likely to deduce who has tested positive.

How long will a child who tests positive be asked to stay out of school?

We would ask that a child who tests positive remain out-of-school for a minimum of 14 days and return only if there are no symptoms.

Will a class or building be shut down for 14 days due to a positive test result?

Probably not. With masks and distancing in place, we are less likely to close an entire school, or even quarantine an entire class, due to a positive test. We will, however, take even more precautions in deep-cleaning the classroom, lunchroom, and other locations that child may have been.

Will there be extra cleaning to reduce the chance of spread?

Yes. The custodians will have large disinfectant sprayers that will allow them to spray an entire classroom in a short amount of time. Aside from regularly wiping desks and cleaning high-touch surfaces, we will regularly spray entire classrooms, bathrooms, lunchrooms, and lockers.

What other measures will be taken to make the schools safer?

We have an opportunity to receive a substantial grant for the purpose of making our schools safer. Some of the items we will be purchasing are:

- Touchless hand-sanitizer stations
- Touchless faucets
- Touchless flush valves
- Acrylic barriers for teachers' desks
- Additional seating where needed for social distancing
- Touchless thermometers
- Storage for student books and supplies to reduce sharing materials

Will technology be available if we need help with at-home learning?

Yes. We'll also be adding to our ability to provide Chromebooks and mobile wifi hotpots to those who need them. If you need to have your children learning at home but do not have internet access, we will be able to help with that. We'll also be able to provide Chromebooks, particularly where multiple children will need a device throughout the day.

Will there be busing?

Yes. We've met with Kobussen, the new provider for the Marshfield School District, and busing will be as in the past. They will accommodate our differences in schedule and will continue to provide the same services, including transporting students from St. John's to OLP or Columbus at the end of the day. They hope to have a better handle on logistics that will allow for morning buses to more-consistently arrive on-time.

Will there be additional cleaning/safety on the buses?

Kobussen has assured us that buses will be cleaned with a sanitizing fogger between each use. There will also be an acrylic barrier between the driver and the passengers. We've asked that our students be assigned seats that they will keep both morning and afternoon for the entire year. That will help reduce the number of students who may be affected if one student on the bus tests positive for COVID-19.

Will there be athletics?

We'll follow the WIAA recommendations for safe conduct of athletics, the recommendations of Wood County Health Department in the event of a spike in cases locally, and any mandate that may come from the Diocese of La Crosse. The Cloverbelt Conference athletic directors and coaches have been meeting regularly, and it is possible the conference could choose to delay or cancel seasons or individual games, if the majority agrees that is needed for the safety of the student athletes.

Will there be after-school care?

Yes. At St. John's, we will try to keep the children separated by grade level as much as possible in order to avoid any potential spread of infection between grades. At OLP, where our numbers are much lower, we'll use social distancing and masks to prevent transmission.

Will there be Phy Ed?

Yes, in the gyms or outside as normal and without masks. There will be social distancing and lower-contact activities, at least to start the year.

Will you be taking temperatures at the door? Yes. We have touchless thermometers for all of our buildings and will be taking temperatures as students walk in.

The Start of the School Year

Unless there is a statewide or county shutdown as there was in the spring, school will start, as scheduled, on Tuesday, August 25th. All those capable of attending in-person classes will start with a full schedule on that day. We will not be alternating days in-school and out-of-school instruction.

St. John's Drop Off/Pick Up

Drop off for 4K through 2nd grade will be in the back parking lot as it was last year. Parents will not be allowed to bring their children to the classrooms. The City of Marshfield expects construction on Chestnut to be completed in time for us to use the parking lot as our drop-off point.

Preschool parents will bring their children through the front door on Blodgett. Please wear a mask when entering St. John's.

The construction on Walnut will not be done by the time school starts, so the bus will need to drop off at the Blodgett Street entrance. Please do not park in front of the building due to this.

Pick up will be the same as last year. Parents of Preschool through 5K students should pick up in front at the Blodgett Street entrance. Please do not park in front of the school. Parents of 1st and 2nd grade students will pick up in the parking lot.

The bus will pick up on Blodgett Street right in front of the building.

After-school parents should park in the lot and use their fob to enter through the back entrance nearest the playground and lunchroom.

Our Lady of Peace Drop-Off/Pick-Up

Drop off will again be in the front of the building, with pick-up in the back. The bus will again drop off and pick up on Columbus Avenue.

Columbus Drop-Off/Pick-Up

This will again be in front of the building for both morning and afternoon for all those students who do not drive themselves. The bus will both drop off and pick up from in front of Columbus this year.

Preschool through 5K Classrooms

While there are likely to be fewer items in these classrooms, the general layout will be the same as this past year. Children in these grades will still be at tables and, due to room sizes, are likely to be closer together than our other grades. Most recent reports on social distancing for very young children have suggested that even 3 feet is sufficient, rather than 6 feet. It will be difficult to keep children this young away from each other regardless of the classroom arrangement.

We will not require masks for children this young. We would ask, however, that as a means of keeping our teachers and aides safer, that you keep your child home if they are symptomatic. We understand that young children very frequently have one or another symptom of COVID-19, but if they are experiencing multiple symptoms, please keep them home.

Classroom Distancing

Above 5K, we're going to be using desks and trying to keep them spread 6 feet apart. In some of our smaller classrooms, we may not be able to keep them quite that far apart, but we will try to separate the students as much as possible.

Special Classes

In the elementary grades, we're going to try to have as many of the special classes come to the classroom rather than have the students switch locations. This is to limit the students' contact with those not in their class, and to limit any potential spread of COVID-19 between classrooms.

Elementary Library

We will not have a librarian at St. John's and OLP this year due to a staff departure. COVID-19 also poses some unique difficulties in terms of allowing students to have free-reign in the library. We will be using our current library collections to expand classroom libraries and having students check out books with the teachers as they do the regular classroom collections.

Moving Between Classes

All grades will move to the gym or outside for Phy Ed, and there will be no masks there.

Band will be held in the band room. There will be no masks while the students are playing in band. We hope to order larger, clear, acrylic music stands for the Columbus band room to limit the transmission of the virus between students.

Middle school is likely to have some special classes come to them while others they will travel to the appropriate room. Science, choir, tech ed, Spanish, and art will take place in those classrooms.

High school classes will move to the appropriate classroom as normal.

Distance-Learning Option

We hope to have in place distance-learning options by the first day of school that will allow students who need to stay at home to continue their education here at Columbus Catholic Schools. The most likely form this will take is live-streaming classes as they take place. That would require students to follow along with their normal class schedule throughout the day. Some classes may need to be recorded, and some may need to offer alternative activities. If a class is live-streamed, it is likely to only be live during direct instruction from the teacher, with a pause while students are working independently.

School Masses

Since Bishop Callahan has allowed for the public celebration of the Mass in our Catholic parishes, he has limited attendance to 25% of church capacity. For St. John's, that is 100, and for Our Lady of Peace, that is 200.

St. John's

With church capacity limited to 100, we will not be able to have all of our students 4K through 2nd grade attend Mass at the same time. Typically, 4K doesn't start attending until after Christmas, but even 5K through 2 will be too many for the church.

We may either rotate 5K, 1st, and 2nd with two of the grades attending each Wednesday or have two grades attend while one grade watches a livestream of the Mass. It is more likely that the students will take turns going to Mass.

Our Lady of Peace

The students at Our Lady of Peace will have Mass on Thursdays, as usual, and the church is large enough to accommodate them all along with any parents, grandparents, and parishioners.

Columbus Middle and High School

Our Lady of Peace is not large enough to hold all of our middle and high school students and staff. They will likely take turns being in the church while the other group watches the Mass live in their classrooms. Even with only the middle or high school and staff in the church, there will be limited space for parents and parishioners.

Lunchrooms

St. John's

Lunch will be brought to the preschool students and served in their classrooms. This will allow for greater distancing between them and will limit their exposure to the older students.

We will add a few lunch tables to Shuh Hall to allow for greater distancing between students at lunch. The recommendation from the Office of Catholic Schools is to have students sit with at least one space between them.

Aside from the preschool, which eats a bit earlier, we may have three lunch periods at St. John's. Due to our large numbers in both 4K and 5K, it is possible that we will need to organize our lunches a bit differently than in the past, with 4K and 5K eating separately and grades 1 and 2 eating together. The 1st and 2nd grade students will alternate using the upper and lower playgrounds by age each day.

Our Lady of Peace

While the OLP lunchroom offers us the most space, we may still stagger the dismissal of each grade by a few minutes in order to allow for more distancing in the lunch line. Students will sit with at least one spot between them, and we will, therefore, be using more of the lunchroom than in the past.

Columbus

We may need to stagger the middle school lunch, create a second lunch period entirely for middle school, have grades alternate eating in their classroom, or even send the 6th grade to OLP for lunch. The middle school lunch has the most students, and we are still considering the best alternative for allowing for social distancing.

The high school lunches should be at the same times as in the past.

Lunch Procedures

There is a strong recommendation from the Department of Public Instruction/National School Lunch Program to serve the same meal to every student, rather than offering, but not necessarily serving, every item on each day's menu. We are likely to do this at all grades as a means to increase efficiency. Social distancing requirements are likely to cause staggered lunch times and longer lines. Waiting for students to individually select each item for their hot lunch as in the past, is an inefficiency that will cut into class time.

There are likely to be some days when there have, in the past, been more options for the students in terms of additions to the entrée. For instance, if the entrée were to be hamburgers, the students may have been able to add any number of things to that on their own. We will need to reduce those choices to reduce the opportunities for students to be touching food that is not on their tray.

The Department of Public Instruction has indicated that salad bars like we have had at Columbus are still allowed, but only if each student using the salad bar puts on a glove before serving themselves and then disposes of the glove immediately thereafter. We are likely to try this at the beginning of the year to see how it will work in practice.

Students may still bring lunch from home at all grade levels.

Lunchroom staff will be wiping down lunch tables and spraying them with sanitizer between each lunch period.

Facility Improvements and Cleaning

See above for some of the improvements we hope to add to our facilities to make more high-touch surfaces at drinking fountains and in bathrooms touchless.

Our classrooms and lunchrooms will be sanitized daily. Lunchrooms will be sanitized after each lunch period and classrooms at the end of each day.

Bathrooms will be cleaned before and after recess and lunch breaks to make sure surfaces have been sanitized. High-touch surfaces such as door handles will be sanitized at least daily, probably multiple times per day.

Communication Regarding Positive Tests and/or Closures

Parents, we will be asking that you allow us to alert parents of your child's class, without using names, of any positive COVID-19 test. Depending on the amount of potential contact a child may have had with others in the day or days leading up to a positive test result, we may alert all those in that child's building.

Total school closures are not likely unless strongly recommended by the Wood County Health Department. Should a class, grade, or building, be asked to keep children home due to a positive test result, we hope to have all those who have not tested positive and who are symptom-free to return to school after a deep-cleaning, likely to be after one-to-three days.

Any building closure is not likely to cause a system-wide closure unless ordered by the state or by Wood County Health.

Any building closure will be announced via email, website, and Facebook. A system-wide closure will be announced in the same way as a weather-related closure, including local media and text alert.

Illness or Symptoms during the School Day

Should a student arrive with a fever of 100 or more, or come to a school office during the day due to illness, they will be moved to a separate location and parents will be called. At St. John's, students will wait in the first-floor teacher workroom; at OLP, students will wait in the room across from the office; and at Columbus, they will wait in the Chapel. We will be asking parents to pick up any time there is a fever, or the student presents themselves as being ill. While in the past students have been asked to return to the classroom under some circumstances, that is not likely to be the case this year.

If a child is sent home due to illness or fever, please keep them home all of the following day. If they are symptom-free after that day, they may return to school.

From the Centers for Disease Control and Prevention

Know How It Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to [spread mainly from person-to-person](#).
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should

- **[Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.**
- It's especially important to wash:
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After handling your cloth face covering
 - After changing a diaper
 - After caring for someone sick
 - After touching animals or pets
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid Close Contact

- **Inside your home:** Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arms' length\) from other people](#).
 - Keeping distance from others is especially important for [people who are at higher risk of getting very sick](#).

Cover Your Mouth and Nose with a Cloth Face Cover when Around Others

- You could spread COVID-19 to others even if you do not feel sick.
- The cloth face cover is meant to protect other people in case you are infected.
- Everyone should wear a [cloth face cover](#) in public settings and when around people who don't live in your household, especially when other [social distancing](#) measures are difficult to maintain.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Do NOT use a facemask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Cover Coughs and Sneezes

- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and Disinfect

- **Clean AND disinfect [frequently touched surfaces](#) daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common [EPA-registered household disinfectant](#)external icon will work.

Monitor Your Health Daily

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms](#) of COVID-19.
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- **Take your temperature** if symptoms develop.
- Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.